

Health HAPPENINGS

CYCLING CLINIC

Sunday, March 27, 12-3:30 pm
Baystate Franklin Medical Center
164 High St., Greenfield
Free and includes lunch!
To register: 413-773-2454.

WELCOME NEW PHYSICIANS

Wednesday, March 30, 5-6:30 pm
Baystate Franklin Medical Center
164 High St., Greenfield
Free and includes refreshments!
To register: 413-773-2454.

SENIOR CLASS SPRING FLING LUNCHEON

*Wednesday, April 13, Social Hour:
12-1 pm, Luncheon: 1-4 pm*
Chez Josef, 176 Shoemaker Ln.,
Agawam
Entertainment provided by Richie
Mitnick. Free valet parking.
Cost: \$26 per person.
For information: 413-794-5200
or baystatehealth.org/seniorclass.

TAKING CONTROL OF YOUR BACK PAIN

Thursday, April 14, 6-8 pm
Baystate Franklin Medical Center
164 High St., Greenfield
Free and includes refreshments!
To register: 413-773-2454.

14TH ANNUAL RAYS OF HOPE SURVIVORS' DAY

Saturday, April 16, 8:30 am-2 pm
Springfield Sheraton
Keynote speaker: Barbara
Delinsky, author of *Uplifting
Secrets of the Sisterhood, Stories
from Breast Cancer Survivors*
Attendees may choose to
attend two workshops, including:
Zumba, the Metabolic Syndrome,
Scrapbooking, Reflexology,

The Pleasures of Art, Hormonal
Therapy, a discussion with local
author Mary Ellen Brisbois who
wrote *Why I Hate Pink*, and
a panel on "Your Life on Your
Terms." Two workshops will be
offered in Spanish. Continental
breakfast and a luncheon are
included. \$25 per person.
Registration required by mail.
Brochures are available at the
Comprehensive Breast Center, the
D'Amour Center for Cancer Care,
or by calling 413-794-9556.

8TH ANNUAL TEEN HEALTH NIGHT

Wednesday, April 20, 6-8 pm
Baystate Mason Square
Neighborhood Health Center
11 Wilbraham Rd, Springfield
Free! To register: 413-794-9663.

CHILD CAR SEAT CHECK UP EVENT

Monday, April 25, 11 am-3 pm
Mason Square Fire Department,
33 Eastern Ave, Springfield
Free! No registration necessary.

WALK OF CHAMPIONS Benefits the Baystate Regional Cancer Program at Baystate Mary Lane Hospital

*Sunday, May 1, Registration
8:30 am, Walk Begins: 10 am*
Quabbin Reservoir
Goodnough Dike, Ware
Sign up at
baystatehealth.org/WOC.
For more info: 413-794-7654.

BAYSTATE CHILDREN'S HOSPITAL GOLF TOURNAMENT

*Monday, May 2, Registration:
7 am & 10:30 am*
Double shotgun: 8 am & 1 pm

The Ranch Golf Club
65 Sunnyside Rd., Southwick
Registration required:
baystatehealth.org/cmn or
413-794-7655.

YOUR BABY IS HAVING A BABY A Special Evening for Grandparents and Parents-to-be

Wednesday, May 18, 6:30-8:30 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke
Free! Registration required:
1-800-377-4325.

STEP OUT FOR HOSPICE Benefits Baystate Visiting Nurse & Hospice

*Saturday, May 21, Registration:
9 am, Walk: 10 am*
Springfield Forest Park
For more info: 413-794-7655
or baystatehealth.org/SOFH.

Children's Miracle Network Hospital's A WALK IN THE PARK SIX FLAGS NEW ENGLAND

*Sunday, June 12, Registration:
7:30 am, Walk: 8:30 am*
Six Flags New England, Agawam
For more info: 413-794-7655.

ATTEND SENIOR CLASS SEMINARS ONLINE!

Senior Class, Baystate Health's
membership program for people
ages 55+, now offers a selection of
its seminars and events via video
online at baystatehealth.org/se-
niorclass. Access is free and open
to the public. Visit regularly for
new topics!

11TH ANNUAL KATELYNN'S RIDE



*Benefits the Baystate Regional
Cancer Program – Pediatric
Oncology and The Sadowsky
Center for Children*
Sunday, June 5
10, 25, 50, 100-mile rides.
Post-ride BBQ, live music, and
Family Fun Center. For more info:
kride.org or 413-303-9233.

Celebration of National CPR and AED Week

COMMUNITY HEARTSAVER CERTIFICATION CPR

*Thursday, June 9, 9 am-12 pm
or 1-4 pm or 6-9 pm/English
or 6-9 pm/Spanish*
Learn Adult, Child & Infant CPR
Baystate Health Education Center
361 Whitney Ave, Holyoke
Free Awareness Class or \$20
(special cost!) for certification
To register: 413-794-2255

FIRST AID AND CPR CLASSES

Baystate Health offers a wide
variety of first aid and CPR classes
for health care providers, adults,
and teens on an ongoing basis.
For more information, visit
baystatehealth.org/cpr.

PARENT EDUCATION

Baystate Health offers the region's
most comprehensive selection of
childbirth and parent education
classes. For a complete list, visit
baystatehealth.org/parented. For
more information, specific dates
and locations, or to register, call
1-800-377-4325.



Become a fan of Baystate
Children's Hospital, Baystate
Health, or Rays of Hope.



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